

THE CAUSES OF AND CURE FOR WORRY AND STRESS, Part 2 – Matthew 6:25-34 – January 3rd, 2010

- It seems that we've created quite a problem, at least online, by not having our weekly Mid-East Prophecy updates and study in Acts.
- Lord willing, we'll be resume that next Sunday, however, I've sensed from the Lord that He would have me speak on another matter.
- Actually, the prophecy updates over the last three years, were sort of the catalyst for the Holy Spirit leading me to teach on this topic.

- This is part two of the series titled; "The Causes of and Cure for Worry and Stress." Our text will be in the Gospel of Matthew 6:25-34.
- By way of both introduction and review, I would like to begin with verse 19, and Lord willing, we'll make it to the end of the chapter six.
- In this famous Sermon on the Mount, Jesus gives us both the causes of and the cure for all of our worry and stress in this life.

1. Transfer your treasures (Verses 19-21)

- Jesus is saying that the more treasure we have here, the more we will worry about what could happen to our treasure here.
- We will always worry about moth's eating it, rust destroying it, thief breaking in and stealing it, and the government taking it.

2. Focus on your Father (Verses 22-24)

- Jesus goes from teaching us that not only will our hearts be where our treasure is, but our eyes will be where our God is.
- He identifies our goods, (two treasures), our goals, (two visions), and our god's, (two masters), but we cannot serve two.

3. Value your value (Verses 25-32)

- Jesus is teaching us that our heavenly Father will provide for us because of the infinite value that He places on us.
- If He feeds and clothes birds and flowers which are less valuable than us, then how much more will He feed and clothe us.
- He says life is more of a value than food, the body more than clothes, and His children more than both birds and flowers.

- I found this wonderful poem, it goes like this;
- "Said the robin to the sparrow, 'I should really like to know - Why these anxious human beings rush about and worry so.'
Said the sparrow to the robin, 'Friend, I think that it must be - That they have no Heavenly Father, such as cares for you and me.'"

- This is perhaps one of my favorite passages in the Bible because it tells me that Jesus had a wonderful sense of humor.
- I imagine him there on that mount overlooking the Sea of Galilee, using these visual illustrations in a most humorous way.
- Picture Jesus pointing to both the birds and flowers. Birds aren't flying food into barns, and the flowers freaking out in fields.

- There's another layer to what the Lord is teaching us here in that He is sort of layering the "why" under the "what" of worry.
- Perhaps I can say it this way; Jesus isn't just telling us "what" to do or "what" not to do, but "why" we are not to worry.

1. Worry is sin (v 25) - Jesus tells us, even commands us, not to worry. Worry disobeys God because worry distrusts God.

2. Worry is unnecessary (v 26) - Jesus tells us that it's a waste of time to worry because of how much He's invested in us.

3. Worry is worthless (v 27) - It can't add one hour to my life, one foot to my height, or one hair to my head.

4. Worry is senseless (vv. 28-30) - If it's senseless for birds and flowers to worry, then it makes no sense for us to worry.

5. Worry is ungodly (vv. 31-32) - When we worry about basic necessities of life, we act like the unbeliever. (Cola / Un-Cola)

4. Prioritize God's Promises (Verses 33-34)

- Jesus is saying that if we will prioritize His kingdom and righteousness first, than all these things will be given to us as well.
- He then takes it a step further and says that the further we go into the future with our worry, the more trouble we will find.
- It's been said that; "LIFE IS SHORT! - DEATH IS SURE! - SIN THE CAUSE! - CHRIST THE CURE!"

1 Peter 5:7 Cast all your anxiety on him because he cares for you.

Philippians 4:6-9 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-think about such things. 9 Whatever you have learned or received or heard from me, or seen in me-put it into practice. And the God of peace will be with you. NIV

Years ago, in the pioneer days of aviation, a pilot was making a flight around the world. After he had gone for some two hours from his last landing field, he heard a noise in his plane, which he recognized as the gnawing of a rat. He realized that while his plane had been on the ground a rat had gotten in. For all he knew the rat could be gnawing through a vital cable or control of the plane. He was both concerned and anxious. At first he did not know what to do. It was two hours back to the landing field from which he had taken off and more than two hours to the next field ahead. Then he remembered that the rat is a rodent. It is not made for the heights; it is made to live on the ground and under the ground. Therefore the pilot began to climb. He went up a thousand feet, then another thousand and another until he was more than twenty thousand feet up. The gnawing ceased. The rat was dead. He could not survive in the atmosphere of those heights. More than two hours later the pilot brought the plane safely to the next landing and found the dead rat. Worrying about tomorrow is a rodent. It cannot live in the secret place of the Most High. It cannot breathe in the atmosphere made vital by prayer and familiarity with the Scripture. Our concerns for tomorrow die when we ascend to the Lord through prayer and His Word.